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## Videos



## Effective Treatment for PTSD: Stellate Ganglion Block

SYLVIA WAGES | NURSING STUDENT  
MINOT STATE UNIVERSITY

Post-traumatic stress disorder (PTSD) can be seen as multiple symptoms and is diagnosed carefully by a visited psychologist. This disorder may present as the following: agitation, irritability, hostility, hypervigilance, emotional detachment, unwanted thoughts, fear, severe anxiety, mistrust, flashbacks, isolation, insomnia and nightmares. These characteristics of PTSD are visible after a traumatic event has occurred in a person's life, such as community violence, sexual and/or physical abuse, natural disasters, serious injury and the focus of this article, war and political violence. Active duty members and veterans are at risk for PTSD (Margolies, 2016).

This disorder can cause life shorting illnesses such as cardiovascular disease, dementia, substance abuse and lack of employment (Bartzak, 2015). According to Bartzak (2015), military-induced PTSD occurs in about 20% of active duty members, but those numbers change to 35-40% occurrences in veterans. Which in comparison, civilian PTSD as a result of a trauma affects approximately 7% of Americans; a dramatic difference. Treatments

have been used such as antidepressants, group therapies and counseling on coping mechanisms. "SSRI's (selective serotonin reuptake inhibitors) have a 30-60% discontinuation rate and efficacy is measured at about 60%" (Bartzak, 2015).

Stellate Ganglion Block PTSD can be treated with a researched, evidenced based treatment, Stellate Ganglion Block (SGB). This treatment is a noninvasive epidural injection of an anesthetic into the right C6 transverse process of the neck, and has shown dramatic results in treating the symptoms of PTSD and presenting with minimal side effects. Believe it or not, this procedure is not new. It has been used as a treatment described in the 1930's. So why haven't we heard of it before?

Because this treatment was solely being used to treat RSD (reflex sympathetic dystrophy), herpes zoster (shingles), post-radiation neuritis and cancer pain. It has also been known to be used to treat schizophrenic hallucinations.

How does this actually work for PTSD? "Essentially, SGB works as a temporary weed killer in the Stellate Ganglion reducing norepinephrine and the pertuation of the sympathetic

ganglion" (Bartzak, 2015). The pathophysiology behind SGB is simply the slowing down of the hyperarousal characteristics of PTSD. Hyperarousal is defined by psychcentral.com (2016) as the heightened anxiety and altered arousal responses which hinder falling or staying asleep. Stress

hormones in the amygdala, a part of the brain shown to play a role in processing memory, decision-making and emotional reactions, are activated by sensitive/emotional memories. This in turn activates the neurotransmitter, norepinephrine which in turn causes all the hyperarousal and PTSD characteristics. SGB blocks this process altogether and the results are astounding.

Case Studies: The results A study in Military Medicine (2014) reviewed 166 case studies of diagnosed PTSD active duty military patients, all showing a Post-Traumatic Stress Disorder Checklist (PCL) score between 64-80, in which the recommended score is below

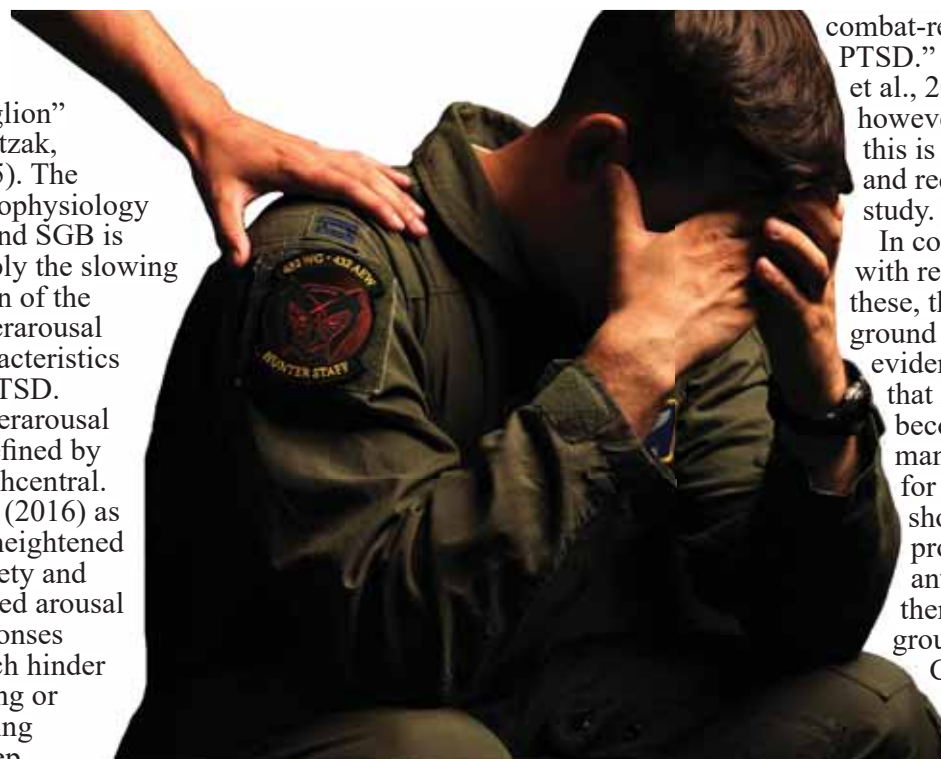
17. The PCL is a survey that is given to the PTSD patients to measure their outcomes of emotional states before and after treatments. "Among patients with 1-week follow-up (after SGB), 78.6% were responders with an average reduction in PCL score of 22.0" (Mulvaney et al., 2014). The results have on average lowered the patients PCL scores from extreme 64-80 to a very tolerable average 22 and have shown to last up to 6 months and consecutive treatments are available if affective. According to the authors of this study, "Based on this large case series, SGB does have the potential to significantly reduce symptoms as part of a treatment plan for

combat-related PTSD." (Mulvaney et al., 2014) They do however stress that this is not a cure and requires further study.

In conclusion, with results like these, there is ground breaking evidence to show that PTSD might become more manageable for those not showing progress with antidepressants, therapies and group sessions.

Currently, this treatment is approved with the FDA

and is awaiting approval from Veterans affairs. The Health Services Research and Development Service's Evidence-based Synthesis Program conducted a review of all the potential case studies, experiments and literature in 2017 and concluded, "There is insufficient information to determine which Veterans, if any, are most likely to benefit from SGB for PTSD... people with predominantly hyperarousal and avoidance types of symptoms may be more likely to benefit from SGB". This treatment is however available to the general public and could be an option if a physician and patient felt it was a benefit to them.



## Reserve Citizen Airman key in Florida veterans court

SENIOR MASTER SGT. TIMM HUFFMAN | HEADQUARTERS INDIVIDUAL RESERVIST READINESS AND INTEGRATION ORGANIZATION

TAMPA, Fla. (AFNS) -- Joseph Stickle thanked the arresting officer when he was picked up for heroin possession in his hometown of Tampa, Florida, earlier this year.

"He saved my life," said Stickle, Navy veteran with a 35-year history of drug and alcohol abuse.

The arrest cost him his marriage and kids but led him to Senior Master Sgt. James Salgado and the 13th Judicial Circuit Veterans

Treatment Court, which helped him keep his job of 19 years at the Department of Veterans Affairs, rebuild his life and avoid a felony conviction.

Salgado, an Air Force Reserve Individual Mobilization Augmentee at U.S. Special Operations Command, MacDill Air Force Base, Florida, is one of the senior mentors and the operations director for the Tampa-area Veterans Treatment Court, both volunteer positions; he served as Stickle's mentor while the vet went through the rehabilitation program.

A Veterans Treatment Court is a non-adversarial, problem-solving court dedicated to helping veterans who were honorably discharged or separated and, thru commission of a misdemeanor or felony offense, became involved with the criminal justice system. VTCs are often affiliated with the local VA and bring together specially trained judges, case workers and volunteer mentors to rehabilitate veterans and reintegrate them with their communities. Instead of a jail sentence, veterans are placed into a recovery program. In many cases, if they graduate, they are free



COURTESY PHOTO

Senior Master Sgt. James Salgado, standing center, and retired Army Col. D.J. Reyes, seated center, with their team of Veterans Treatment Court mentors. Salgado and Reyes are lead mentors for the Tampa-area 13th Circuit Veteran Treatment Court, which has a bi-weekly docket of nearly 100 veterans.

to go and leave the program with charges dropped. The 13th Circuit Court's VTC was established in 2013, one of nearly 500 in the nation, and has served as a model for other courts nationwide.

"It's an incredibly unique courtroom and process that brings all sorts of specialties to bear on veteran rehabilitation," said Michael J. Scionti, 13th Judicial Circuit VTC judge, also an Army Reserve judge advocate.

According to the Justice For Vets website, a national non-profit that works to promote the VTC model, veterans suffering from

service-related mental health issues, such as post-traumatic stress disorder and traumatic brain injury, often fall into patterns of substance abuse or criminal activity after leaving the support network they had in the service. Nearly half of veterans suffering from PTSD and TBI never seek treatment and there are currently over 180,000 incarcerated veterans.

Prior to gaining access to the rehabilitative services available through the VTC, veterans must appear before the judge, who does

Continued on page 3

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# RESERVE CITIZEN from page 2

discovery and confirms they are eligible based on their service record and the type of crime committed. Once they are enrolled in the program, which ranges from 6 to 18 months depending on the crime, the veteran is connected with a mentor, like Salgado, who keeps them accountable and helps them connect the dots on the numerous resources available through the VA and community organizations. The Tampa VTC even provides access to chaplains and therapy dogs.

"It's a complete, end-to-end solution," said Salgado, who related the story of one veteran who was able to successfully stand in front of the judge only after a local organization provided him with a therapy dog that helped him cope with his PTSD.

Scionti said the VTC model keeps veterans from serving jail time for issues that stem from their time in the service. Instead of delivering punishment, the program helps address the root issues, such as PTSD and military sexual trauma, which brought the veteran into contact with the law in the first place. The judge added that the court is made up of a whole cadre of volunteers and professionals who are there to help veterans rehabilitate and reintegrate into society.

As the third largest city in Florida and home to two of the heavy lifters in the global war against terrorism - U.S. Central Command and USSOCOM - Tampa has a large veteran population. Retired Army Col. Darryl Reyes, who has been involved with the local VTC from its beginning, said they have witnessed and handled countless cases of post 9-11 combat veterans who committed criminal acts that were service related to such VA diagnosed disorders as PTSD, TBI, substance abuse and military sexual trauma.

"If there were ever a venue where a VTC was needed, I would say that Tampa is that place," he said.

The 13th Circuit Veterans Treatment Court has one of the largest dockets in the country and enjoys an 80 percent success rate, said Reyes, who was responsible for building the mentor program when the VTC was launched in 2013. He added that the VTC program currently saves the county tax payers almost \$6 million annually. The court is currently tracking approximately 200 veterans and maintains a bi-weekly docket of more than 80, a number that continues to grow as word spreads about the program's success.

"It's the only court where expanding the docket is a good thing," said Scionti.

Salgado said his drive to help other veterans stems from his father, a World War II combat veteran who came back with PTSD and struggled with drug and

alcohol dependencies for many years.

"I always had it in me to help veterans," said Salgado, who has mentored veterans from his father's generation to the present one.

As a senior mentor in the Tampa VTC, Salgado supports the five to ten veterans, like Stickle, who are assigned to him at any given time; he also manages the other volunteer mentors. His team of mentors keep the veterans accountable and connect them with community services, including transportation. They were giving out bus passes but found the veterans burned through them at an unsustainable pace. Salgado had a solution - bicycles.

The Reserve Airman, who has ridden bikes his whole life, began collecting donations of used bicycles, mostly 26" men's mountain bikes, tuning them up and then donating them to the VTC veterans who needed transportation. Not only were the bikes a more affordable, long-term solution to transportation, they also provide the veterans with an avenue to fitness, another important aspect of the treatment process. Salgado said that most of the buses in Tampa have bike racks, anyway, so the rider can easily combine modes of transportation.

Additionally, Salgado is also the program operations director for the VTC, a role he estimates takes him about 30 hours a week to fulfill. He maintains all of the administrative functions, including processing the weekly docket and assigning mentors. He is also in court with the veterans every two weeks.

Reyes, who recruited the individual mentor augmentee into the program, said Salgado's senior rank, leadership, operational experiences and people skills not only made him the ideal veteran mentor but also facilitated his quick rise in the VTC ranks to his current position.

"He has earned the praise and the respect, not only from the Judge, judicial support staff and supporting organizations, but also from his fellow mentors and the veteran defendants in the program," said Reyes.

When he's not helping rehabilitate veterans, Salgado is on duty with USSOCOM, where he is assigned as an Air Force Reserve Individual Mentor Augmentee and also serves on active-duty orders as a foreign disclosure officer in the intelligence directorate. He is responsible for brokering information with partner nations and works closely with other military organizations, as well as government agencies in Washington, D.C.,

Salgado is the only Airman with letter-granting authority for disclosure approvals.

Individual mentor augmentees are part of Air Force Reserve Command's Individual Reserve program, which also includes the participating individual ready reserve. Augmentees are assigned to active-component organizations and government agencies all around the world, augmenting their full-time counterparts and providing a way for an organization to plus-up on manpower when the need arises.

Salgado said his chain of command at MacDill AFB is very supportive of his work with the VTC and he often recruits new mentors, something the VTC is always looking for, from the senior non-commissioned officer corps on base. Salgado added that the reward is well worth the investment for anyone giving their time to support the court.

"We make (the veterans) work, this is not an easy road," said Salgado. "But, when you see them graduate, that's the bread and butter for mentors - you've given them their lives back."

Navy veteran Stickle said he started using drugs at the age of 13 but put that on hold when he entered the service in 1986. Then, during Desert Shield and Desert Storm, he witnessed a ferry boat accident in which 21 sailors died. This took an emotional toll that led him back to his old habits. He left the Navy in 1992 and things went downhill from there.

The former drug addict described himself as being at rock bottom when he walked into his first VTC hearing. But, through the support of his mentor and the resources made available to him, such as Alcoholics Anonymous and the VA, he has started living a life he didn't know was possible. He credits Salgado's mentoring and friendship as key pieces of his success.

"Without VTC, I'd be a dead man," said Stickle. "By offering me something I could follow, it made all the difference in the world."

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## REPORTING, ROADS &amp; GATE STATUS

## Winter Weather Updates

[www.facebook.com/minotaf](http://www.facebook.com/minotaf)

<http://www.dot.nd.gov/travel-info-v2/>

Call 723-1190 for current conditions on base and Highway 83, reporting conditions and any delays in the school bus schedules.

Winter weather information is also available at [www.minot.af.mil](http://www.minot.af.mil)

## WINTER REPORTING CATEGORIES

**Category one** - Storm essential: functions and personnel that directly support security and safety include but are not limited to; the fire department, security forces, command post, medical facilities, snow control, critical maintenance and military personnel only at the Dakota Inn.

**Category two** - Mission essential: positions that directly support the ability to launch/recover aircraft and keep missiles on alert.

**Category three** - Care support: Positions that enable extended mission operations at close to normal operations tempo.

**Category four** - General support: positions that enable full operations of base services.

## MISSILE COMPLEX ROAD COND.

For conditions on missile complex roads, call the 91st Security Support Squadron Traffic Control Center at 723-1111.

## GATE INFORMATION

## Normal Gate Schedule:

Magic City (Main) Gate: Open 24 hours/7 days a week

Minot (South) Gate: Open 6 a.m. to 5:30 p.m. Mon. to Fri.

Call 723-1190 for current conditions on base and Highway 83, reporting conditions and any delays in the school bus schedules.

## ROAD CONDITIONS EXPLAINED

**TRAVEL and Road Conditions** - The North Dakota Department of Transportation determines the road conditions for Hwy 83 and the surrounding area for travel to and from base, and the 5th Mission Support Group commander determines road conditions on-base. If weather conditions are severe and warrant either a delay or restricted reporting for duty, the 5th MSG commander will consult with downtown authorities and leadership from both wings before a final decision is made.

If delayed or restricted reporting is implemented, instructions are relayed to the command post and public affairs for dissemination via telephone notification and the MAFB Information Hotline.

**Green** - Normal day-to-day travel conditions.

**Yellow** - Degraded environment when cautious conditions exist. Drive according to weather and road conditions. Use of cruise control is prohibited when operating a government vehicle.

**Red** - Degraded environment when hazardous conditions exist. Are the same as NDDOT "No travel advised." Storm/mission essential personnel may drive, but all other travel is restricted without 5th BW or 91st Missile Wing commanders or their designee's permission.

**Black** - Degraded environment when no travel or working conditions exist, except for storm-essential personnel and bona fide emergencies. Same as NDDOT "Road closed."

## WEATHER



For the updated 7-day Forecast, click [here](#).  
This forecast is for Minot Air Force Base, N.D.

48.43°N 101.34°W

For NDDOT information and road conditions, click [here](#).

## BUS SCHEDULE

Please click [HERE](#) to view this year's bus schedule.

For school and bus schedule, please refer to your respective school.

Memorial Junior High: 727-3300  
North Plains Elementary: 727-3320  
Dakota Elementary: 727-3310

## WEATHER



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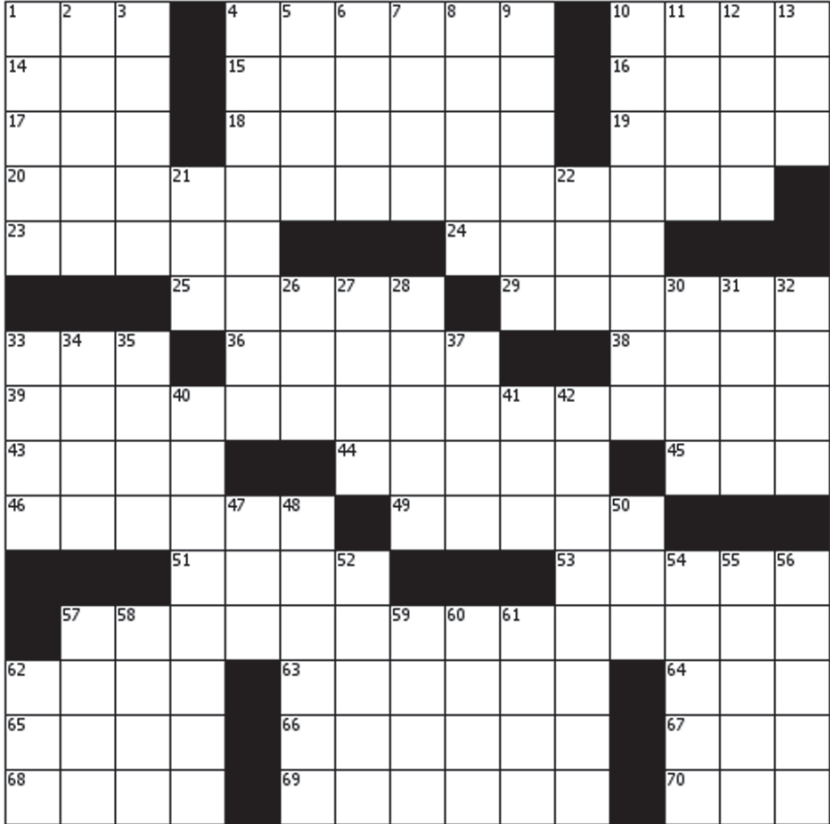
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CROSSWORD PUZZLE

- Across**
- 1. Red hat, sometimes
  - 4. Kind of voyage
  - 10. Absence of turbulence
  - 14. Emotion of anger
  - 15. Like a quick study
  - 16. Operatic air
  - 17. Crux
  - 18. Nothing at the Vatican
  - 19. E-mail button
  - 20. Letter from the editor (Part 1)
  - 23. Supply with workers
  - 24. Appear to be
  - 25. Nerd's cousin
  - 29. Conveyed ownership
  - 33. Stick one's nose into
  - 36. African lilies
  - 38. Icy coating
  - 39. Letter from the editor (Part 2)
  - 43. Gaming regulation
  - 44. In an upright position
  - 45. On the wagon
  - 46. Devon's capital
  - 49. Apian gathering
  - 51. Pierce with a point
  - 53. At pique's peak
  - 57. Letter from the editor (Pa 3)
  - 62. Clothier Strauss
  - 63. Seat of County Kerry
  - 64. Genetic messenger
  - 65. Came in for a landing
  - 66. Annapolis graduate
  - 67. Reward for waiting?
  - 68. Eighty-eight, for one



- Down**
- 1. Conclusion, in a score
  - 2. Spew lava
  - 3. Maned animal
  - 4. Naval combat unit
  - 5. "Yeah, like that'll ever happen"
  - 6. Road in old Rome
  - 7. Sand formation
  - 8. Jones, James and Kett
  - 9. Required
  - 10. Sweater material
  - 11. 51, for one
  - 12. Pocket residue
  - 13. "\_\_\_ About You"
  - 21. It's common in poetry
  - 22. Teeny
  - 26. Yale student
  - 27. Routine learning
  - 28. Equals
  - 30. Bought the farm
  - 31. Islamic VIP
  - 32. Resist, as authority
  - 33. Funeral fire
  - 34. Sauce thickener
  - 35. Festive log

- 37. Mulligan fare
- 40. Divers' attire
- 41. Mozart's "L'\_\_\_ del Cairo"
- 42. Clamorous
- 47. Greek letter
- 48. One on a tirade
- 50. "\_\_\_ Doubtfire"
- 52. David of The Talking Heads
- 54. Main bloodline
- 55. Toga alternative
- 56. Military stop
- 57. Sidelines cheer
- 58. "Art of Love" poet
- 59. Type of waist
- 60. Mixed bag
- 61. Bylaws, briefly
- 62. "7 Faces of Dr. \_\_\_" (1964 movie)

SUDOKU Solution to puzzle on page 18

	1		2		3		4	
2			1		5	6	3	
		4				7		1
	6				2			8
	5						9	
8			3				7	
3		1				2		
	2	5	7		1			4
	9		8		6		5	

THOR: RAGNAROK • (PG-13)  
FRIDAY, NOVEMBER 3 • 1800  
SATURDAY, NOVEMBER 4 • 1700  
SUNDAY, NOVEMBER 5 • 1500

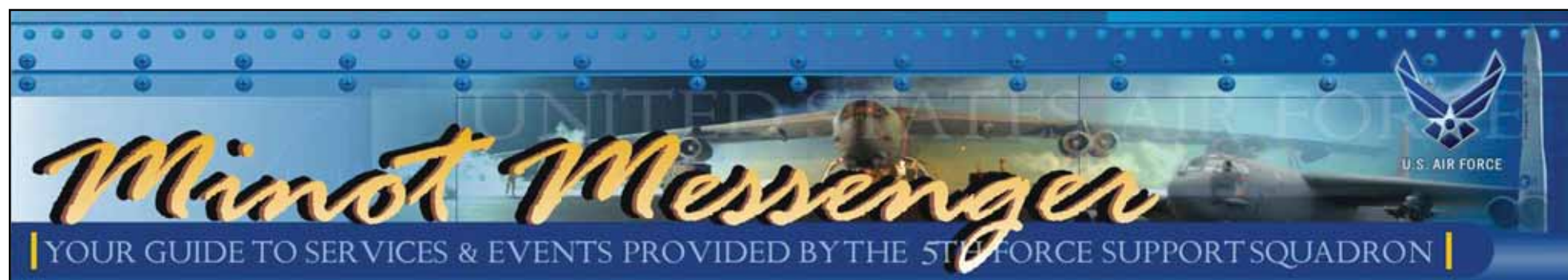
“Imprisoned, the mighty Thor finds himself in a lethal gladiatorial contest against the Hulk, his former ally. Thor must fight for survival and race against time to prevent the all-powerful Hela from destroying his home and the Asgardian civilization.”

Solution to last week's Crossword puzzle.

S	H	A	M		A	T	B	A	T		B	E	A	M
N	A	P	E		S	K	O	S	H		B	A	L	E
O	K	E	E	C	H	O	B	E	E		S	T	L	O
B	E	R	T	H				A	B	O		S	E	W
S	E	C		A	P	S	E		B	A	L	D	Y	
	M	U	L	T	I	P	L	E	C	H	O	I	C	E
			O	S	T	L	E	R		U	V	R	A	Y
P	E	A	L		T	A	C	O	S		E	T	T	E
A	D	L	I	B		S	T	I	M	P	Y			
W	H	I	T	E	C	H	O	C	O	L	A	T	E	
	A	B	A	S	H		R	A	G	A		O	U	R
M	R	I		T	O	M				C	A	P	R	I
A	R	I	D		K	A	R	A	T	E	C	H	O	P
L	I	K	E		E	X	U	D	E		T	A	P	E
I	S	E	E		R	I	T	Z	Y		S	T	E	N







## Submissions Being Accepted For 2017 Air Force Art Contest

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**CATEGORIES**  
Adults: Novice  
Adults: Accomplished  
Children: 6-8 Years  
Pre Teens: 9-12 Years  
Teens: 13-17 Years

Submissions for this year's Air Force Art Contest will be accepted now through November 30, 2017. This contest is designed to feature, highlight, and celebrate art created by Air Force members and their families. Artists can submit up to two photographs of their two-dimensional (2D) painting or drawing on any subject. The art is accepted in oil, watercolor, acrylic, pastel, mixed media, gouache, egg tempera, pen and ink; drawing media such as graphite, charcoal, colored pencils, scratch board, markers, and metal point. Artists may enter up to two images of artwork.

There are two categories: Adult and Youth. The adult category has 2 divisions: Novice and Accomplished Adults. Adults must be 18 years of age or older. The youth category has three age divisions: teens 13-17 years of age, pre-teens 9-12 years of age, and children 6-8 years of age.

Prizes will be awarded to the top three (3) winners in each category. Participants must upload photos of their art at [MyAirForceLife.com/arts](http://MyAirForceLife.com/arts). For more details, call the Arts & Crafts Center at 723-3640.

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Club members receive FREE admission to the UFC 217 pay-per-view event at Rockers Bar & Grill on Saturday, November 4. Non-members price is only \$7.

The action features the UFC Middleweight championship bout between current champion and The Ultimate Fighter 3 light heavyweight winner Michael Bisping and former two-time UFC Welterweight champion Georges St-Pierre. In other main event action, a UFC Bantamweight championship fight between current champion Cody Garbrandt taking on former champion T.J. Dillashaw while champion Joanna Jedrzejczyk battles former title challenger Rose Namajunas for the UFC Women's Strawweight Championship. The main card also features a welterweight showdown between #2 ranked Stephen Thompson and #4 ranked Jorge Masvidal.

Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. This is an adults only event - no children. The bar menu will be available with delicious tasty items plus enjoy the \$6 pitcher special. For more information, call Rockers Bar & Grill at 727-ROCK.

## Register Now For "Have A Ball" Sports Bowling League

Rough Rider Lanes is hosting a "Have A Ball" Sports Bowling League beginning November 16. The league will take place on Thursdays at 6:30 p.m. through March 1. Cost is \$13/person each night.

At the conclusion of the league, you will receive a bowling ball of your very own (dues must be paid in full to order). You can personalize the ball with an NFL, MLB, NCAA logo, or photo of your choice.

Deadline for registration for the "Have A Ball" Sports League is November 16. For additional information, call Rough Rider Lanes at 727-4715.

**HAVE A BALL LEAGUE**

**REGISTER OCT 12-NOV 16 AT THE BOWLING CENTER**

**COST: \$13/PERSON EACH NIGHT (THROUGH MARCH 1)**

**GET A BALL OF YOUR VERY OWN!**  
PERSONALIZE IT WITH AN NFL, MLB, NCAA LOGO, OR PHOTO OF YOUR CHOICE!

**STARTING 1630 NOVEMBER 16**

**727-4715**

\*dues must be paid in full to order

**723-2838**

**-THE- ARTS ARE ALIVE!**

**NOV 17TH 6PM**  
at the Youth Center  
FREE to Participating Members & their Family

**Talent Show & Art Exhibit**

**ADMIT ONE**

**Popcorn and Drink Sales by YP Keystone and Torch Club**

**See Karate demo & Studio 47 Dance Performances**  
Don't miss the special performance by the Youth Center Staff!

**Art Gallery Viewing 5:30pm**  
**Talent Show & Live Book Art Demos 6pm**

Family Night with the Beauty Princess - Tuesday, November 14 from 5-7 p.m. - Rough Riders Pizza

**4 November 2017 @1:00pm**  
**FREE OPEN TO EVERYONE**

**MAFB Library presents INTERNATIONAL GAMES DAY**

**Come to the Base Library to play games and celebrate International Games Day!**

**Play one or more of:**  
• Giant-sized games  
• Games in the Library collection  
• Bring in your own games

FOR MORE INFORMATION CONTACT THE BASE LIBRARY AT 723-3344

## CLUB MEMBER DRAWING ON FRIDAY, NOVEMBER 3 WILL BE FOR \$500.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, November 3 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.



## FAMILY and YOUTH EVENTS & PROGRAMS

### Nov 5 **Tumbling and Fitness Clinic**

The Youth Center is hosting a Tumbling and Fitness Clinic on Sunday, November 5 from 9-11 a.m. The clinic is open to Youth Center members 7 years of age and older. Experienced tumblers can come work on their tumbling and fitness skills with an experienced and certified instructor. Cost is \$10 for members and free for deployed (must show proof of deployed spouse). Registration is now through November 3. For details, call 723-2838.

### Nov 9 **Communication and Resolving Conflicts Seminar**

The Child and Youth Behavioral Military & Family Life Counseling (CYP MFLC) will conduct a training seminar for parents entitled "Communication and Resolving Conflicts" on Thursday, November 9 from 3:00-4:00 p.m. at the Family Child Care office (located inside Rough Rider Pizza). This FREE seminar provides parents with information on how to better communicate with their children and also provides strategies on ways to resolve conflicts. For more information, call the Family Child Care office at 723-6662.

### Nov 6 **Family Child Care Pre-Orientation**

Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC New Provider Pre-Orientation at the Family Child Care office on November 6 from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For more information, call the Family Child Care office at 723-6662.

### **Family Fun Night**

Take the whole family out for a delicious and affordable meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Plus children are sure to enjoy spending time in the Lil' Rider Indoor Playland. For additional information, please contact Rough Riders Pizza at 727-4377.

### Nov 15 **Bundles For Babies**

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on November 15 from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your growing family and about many of the support programs that are available. Plus participants receive a free gift for your new baby courtesy of the Air Force Aid Society. Please register by noon on November 14. For more details, call 723-3950.

### Nov 16 **Creative Kids Class**

Spend the morning with your preschooler having fun creating a Thanksgiving paper turkey craft during the Creative Kids class at the Arts & Crafts Center on Thursday, November 16 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Call the Arts & Crafts Center at 723-3640 for details.

**For 5th Force Support Job Opportunities, visit [www.nafjobs.org](http://www.nafjobs.org)**

## YOUNG AIRMEN EVENTS & PROGRAMS

### Nov 11 **Veteran's Day Bowling Special**

Rough Rider Lanes is offering a Veteran's Day Bowling Special on Saturday, November 11 from 9 a.m. to 9 p.m. Active duty and retirees bowl for just \$2 per game with \$1.50 shoe rental on open lanes (must show I.D.). All other family members can bowl for only \$2.50 per game and normal price shoe rental. For more details, call Rough Rider Lanes at 727-4715.

### Nov 13-16 **Off-Base Budget Classes**

Planning to move off base? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on November 13, 14, 15, & 16 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. Attendees should bring their current LESs and have knowledge of their bills. Call 723-3950 for additional information.



**ICE FISHING CLASS**  
FREE  
November 18 - 11AM  
Learn all you can about ice safety, dressing properly, basic equipment and mobility on the ice from a local guide. Plus learn the proper bait and tackle to score that monster fish and techniques and tips that will make you a pro in no time!  
OPEN TO ALL AGES • CALL 723-3648  
REGISTER BY NOV 14  
OUTDOOR REC  
AF SERVICES  
FORCE SUPPORT SQUADRON



WATCH YOUR FAVORITE NFL TEAM AT THE CLUB!  
**FOOTBALL FRENZY**  
SUNDAYS 11:30AM-6:30 PM  
GET THE UNIQUE WORD OF THE WEEK FOR YOUR CHANCE TO WIN!  
GRAND PRIZE: SUPERBOWL TICKETS  
For more info and contest rules visit: [MyAFBaseLife.com/FootballFrenzy](http://MyAFBaseLife.com/FootballFrenzy)  
CATCH ALL THE ACTION OF THE 2017 NFL SEASON EVERY SUNDAY AT ROCKERS BAR & GRILL  
**WING & PITCHER SPECIALS**  
GET 6 WINGS, FRIGS, & A DRINK FOR \$9.95  
GET YOUR FAVORITE DRAFT PITCHER FOR JUST \$9.95  
No future endorsement of sponsor intended. MyAFBaseLife.com or AF ClubFrenzy. Must be 18 or older.



**FAR EAST NIGHT**  
723-3731  
NOV 17TH 5-9PM  
GET A TASTE OF ASIA WITH THIS TANTALIZING MENU...  
PORK FRIED RICE, BULGOGGI, SOY ROLLS & CHICKEN & BROCCOLI  
FOOD SERVED FROM 5-7PM  
ADULTS ONLY  
CLUB MEMBERS FREE  
NON-MEMBERS \$7  
AFI 34-135 allows Space-A guests to stay a maximum of 30 days per year in lodging.



RESERVE SPACE AVAILABLE ROOMS NOW - THANKSGIVING 2017 at the SAKAKAWEA INN!  
Make reservations for friends and family to stay up to 30 days at the Sakakawea Inn. Newly renovated rooms; most have kitchenettes. Two-room suites available.  
Open to all military and civilian personnel assigned to Minot AFB.  
CALL TODAY TO MAKE YOUR RESERVATION (701) 723-6161 or DSN: 453-6161  
AFI 34-135 allows Space-A guests to stay a maximum of 30 days per year in lodging.



**INDOOR POOL HOURS:**  
STARTING NOVEMBER 13  
LAP SWIM  
MON - THURS: 0600-0900  
1100-1300  
TUES, THURS: 1600-1900  
OPEN REC SWIM  
FRI: 1600-1900  
SAT: 1000-1500  
723-3648  
AF SERVICES  
FORCE SUPPORT SQUADRON



Colonel Brooks and Colonel Connor cordially invite you to the...  
2017 TEAM MINOT POST NSI/GLOBAL THUNDER WINTER BASH  
NOV 9TH 1100 TO 1500  
COME OUT AND ENJOY FREE BARBECUE  
JIMMY DOOLITTLE CENTER



**WINE & PAINT CLASS AT THE ARTS & CRAFTS CENTER**  
FRIDAY NOVEMBER 17 6:00-8:00PM  
Sit, Sip and Create! Bring your friends out and enjoy a fun evening painting a masterpiece! Follow step by step instructions in this two-hour session. Wine is not included. B.Y.O.W. Must Show ID. Limited Seating.  
SIGN-UP AT THE ARTS & CRAFTS CENTER NOVEMBER 7-16  
AGES 17 & UP  
COST: \$26/PERSON  
723-3640  
AFI 34-135 allows Space-A guests to stay a maximum of 30 days per year in lodging.



Minot AFB  
**Thanksgiving Day of Love Celebration**  
A Volunteer Opportunity  
IF YOU ARE INTERESTED IN VOLUNTEERING FOR THIS MEMORABLE EVENT PLEASE CALL SUSAN WAGERS AT 723-6718  
What: Minot AFB Day of Love Celebration  
When: November 23, 2017 at 11:00am  
Where: Jimmy Doolittle Center  
Who: Open to All Senior Citizens

FOR MORE INFORMATION ON UPCOMING 5TH FORCE SUPPORT SQUADRON EVENTS AND PROGRAMS, PLEASE VISIT

[www.facebook.com/5thforcesupport](http://www.facebook.com/5thforcesupport)

Visit our website at [www.5thforcesupport.com](http://www.5thforcesupport.com)



# Find Your Festivities in North Dakota this November

## NORTH DAKOTA LEGENDARY

The leaves have mostly fallen, the crops are harvested and the air is crisp. It's the time of year to get reacquainted with warmer coats and look forward to the upcoming holiday festivities. North Dakota's communities are happily preparing for joyous celebrations that lie just around the corner. Get in on the fun this November, whether you're gift shopping at a craft fair, enjoying live entertainment or simply soaking up the delightful sounds and sights of North Dakota's festive season. For more events, visit [NDtourism.com](http://NDtourism.com) or call 800-435-5663 or 701-328-2525.

### The Big One Art and Craft Fair

Minot Christmas Fair  
November 3-4  
Bismarck Christmas Fair  
November 17-18  
Looking for holiday gift ideas? You need look no further than Minot and Bismarck's The Big One Art and Craft Fair. With a vast sampling of handmade arts and crafts from across the Upper Midwest, you're sure to find something you need ... or just want! Minot's Christmas fair will feature more than 430 booths, with some 250 vendors showcasing handcrafted wood furniture, photography, pottery, jewelry, foods, soaps and linens. Bismarck's show features more than 160 exhibitors from several states.

### Christmas Boutique Craft and Gift Show

Jamestown  
November 5  
Come out to browse the unique crafts and gifts featured by regional artisans at this event. Rest assured you will get a jump-start on your gift shopping for this holiday season.

Decades Rewind  
Grand Forks  
November 9  
Enjoy a blast to the past with Decades Rewind, a national touring concert, dance-party and theatrical performance wrapped into one evening of unforgettable fun. Celebrate the musical hits of the 1960s, 70s and 80s as disco,

funk, rock and Motown take center stage.

Badlands Art Show  
Dickinson  
November 10-12  
The Badlands Arts Association is celebrating its 47th Annual Art Show so be sure to visit the event to view an array of different artwork, including clay pottery, water colors, oil paintings, photography and pencil sketching. Three different categories will be featured: Professional, amateur and students.

### Stand-Up Comedy at Dakota Stage

Bismarck  
November 10-11  
Don't miss an evening of laughs with comedian Will Spottedbear, who was recently crowned "The Funniest Man in Minneapolis" and featured on the Outrageous Acts of Pscyh on the Science Channel. Concessions and a cash bar are available, but seats are limited so patrons should reserve their tickets in advance.

Russian Nutcracker  
Grand Forks  
November 24  
Bismarck  
November 28  
Watch the Christmas spirit come to life during Moscow Ballet's Great Russian Nutcracker performance. Now in its 25th anniversary tour, the Moscow Ballet brings world-class Russian ballet artists to the North Dakota stage. Gather family and friends and come see this extraordinary performance.

Irving Berlin's White Christmas  
Grand Forks  
November 24-December 3  
If you are looking for an evening of nostalgic fun, head to Grand Forks' Empire Theater for its rendition of Irving Berlin's beloved White Christmas. The story of a pair of singing and dancing Army veterans working to put on a Christmas show in a Vermont inn is an American classic full of music, laughter and love.

Dickens Village  
Garrison  
November 24-December 9  
For three weekends each year, the quaint city of Garrison transforms into the "Christmas Capitol of North Dakota." Visitors are welcome to stroll downtown's streets and sample delicacies like hot baked potatoes and sausage on a stick. Catch a ride on an authentic double-decker English bus or opt for a trip in a horse-drawn carriage. Cap your visit with an evening parade of lights and local performance of Charles Dickens' A Christmas Carol. Parades, Lights, Santa! Take in the sounds and sights - or just catch up with Santa - at these fun gatherings taking place in North Dakota:

Nov. 21: Holiday Lights Parade through downtown Fargo.  
Nov. 24: Holiday Dazzle Parade, Jamestown  
Nov. 25: Santa Village, Fargo.  
Nov. 25-Dec. 23: Coming Home for Christmas, Mandan.  
Nov. 25-Dec. 31: Spring Lake Park Holiday Lights Drive.  
Nov. 25: Santa Parade, Cavalier.  
Nov. 26: HollyDazzle Festival of Lights, Grand Forks.



## Chocolate Crackle Cookies



### INGREDIENTS:

1 cup (2 sticks) cold, unsalted butter, cubed  
1 1/4 cup sugar  
2 large eggs  
1/2 cup dark cocoa powder  
2 1/4 cups all-purpose flour  
1/4 tsp. coarse salt  
1 tsp. baking powder  
powder sugar

### INSTRUCTIONS:

Preheat the oven to 350° F. Line baking sheets with parchment paper or silicone baking mats. In the bowl of an electric mixer, combine the butter and sugar. Beat together on medium-high speed until light and fluffy, 2-3 minutes. Blend in the eggs one at a time, scraping down the bowl as needed. Mix in the cocoa powder until well blended. Add the flour, salt and baking powder to the bowl and mix on low speed just until incorporated. Scoop out a tablespoon of dough and roll it into a ball. Roll the ball into the powder sugar. Place it onto a baking sheet. Bake 12-16 minutes. Let cool on the baking sheets 5-10 minutes, then transfer to a wire rack to cool completely.

## winter wonderland

OPEN HOUSE

NOVEMBER 9-10-11

Where's Waldo Ugly Sweater Scavenger Hunt for a \$300 Gift Basket!



### Gourmet Chef

Daily drawing for \$25 Gift Card  
Free Cooking Demos:  
Friday & Saturday 11AM-2PM  
Craft Show: Friday & Saturday 10AM - 5PM

### Main Street Books

Friday 5PM-7PM | Kombucha Tasting  
Saturday 11AM | Storytime & Meet Wonder Woman & Super Girl

### Gron With Me

Thursday through Saturday:  
20% off Shoes and Clothes  
Saturday: Princess Belle & Teenage Mutant Ninja Turtles

### Gideon's Trumpet

Thursday through Saturday:  
20% off all Christmas gifts & ornaments  
Personalized art system - done in store.  
(Variety of templates.)

### Mainstream Boutique

Scavenger Hunt for \$50 Gift Card Daily  
(Purchase required)  
Saturday: Celebrate our Owner's birthday with gift from her -- Free gift with \$50 purchase.

### Oliver's Attic

Thursday through Saturday:  
20% off Clothing  
Register for Free Poncho and Handbag



Gourmet Chef  
122 South Main St.  
701.839.8928



Main Street Books  
8 South Main St.  
701.839.4050



Gron With Me  
106 South Main St.  
701.839.0366



Gideon's Trumpet  
123 South Main St.  
701.837.1880



Mainstream Boutique  
2 South Main St.  
701.837.7711



Oliver's Attic  
205 South Main St.  
701.852.3680

## 1,104.79 +/- Acres • 2 Auctions • Pierce & Ward Counties, ND LAND AUCTIONS

Thursday, November 30, 2017

10:00 a.m. (CT)

864.79 +/- Acres - Ward County, ND  
Auction Location: Astoria Hotel & Suites - Minot, ND  
864 +/- acres of mostly all cropland offered in five parcels located a few miles north of Minot, ND with great access off US Highway 83. Parcel 3 has cropland and excellent habitat for waterfowl, upland birds and deer hunting. All parcels are available for 2018 crop year.

Parcel 1: Acres: 158 +/-  
Legal: E1/2SW1/4 Lots 6 & 7-6-156-82  
Cropland Acres: 151 +/-

Parcel 2: Acres: 324.33 +/-  
Legal: Part of 14-156-83  
Cropland Acres: 316.74 +/-

Parcel 3: Acres: 197.75 +/-  
Legal: SW1/4 Less Out Lot 2 & SW1/4NW1/4 11-156-83  
Cropland Acres: 95.83 +/-

Parcel 4: Acres: 139.74 +/-  
Legal: Lots 3 & 4 Less W332.1' & E1/2SW1/4 30-157-82  
Cropland Acres: 136.63 +/-

Parcel 5: Acres: 44.97 +/-  
Legal: NW1/4 Less Portion to USA 25-157-83  
Cropland Acres: 44.97 (Shares with USA land)

Parcel 1: Acres: 160 +/-  
Legal: SE1/4 33-157-73  
Cropland Acres: 156 +/-

Parcel 2: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 3: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 4: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 5: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 6: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 7: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 8: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 9: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 10: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 11: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

Parcel 12: Acres: 80 +/-  
Legal: S1/2SE1/4NE1/4, S1/2SW1/4NE1/4, S1/2SE1/4NW1/4, S1/2SW1/4NW1/4 S-156-7  
Cropland Acres: 80 +/-

OWNER: Michaletz Family  
CONTACT: Bob Pifer at 701.371.8538 or [bob@pifers.com](mailto:bob@pifers.com)

This sale is managed by Pifer's Auction & Realty. All statements made the day of the auction take precedence over all printed materials. The seller reserves the right to reject or accept any and all bids. Pifer's Auction & Realty, 1506 29th Ave S, Moorhead, MN 56560. Kevin Pifer, ND #715.

Pifer's LAND AUCTIONS  
www.pifers.com 877.477.3105

Support your local, women-owned businesses Downtown!





<div><div><div><div></div><div>Little Flower Catholic Church</div></div><div><div>800 University Avenue West 838-1520</div><div>Mass Schedule</div><div>Saturday ..... 5:30 pm Sunday .... 8:30 &amp; 11:00 am</div></div><div><div>Fr. Fred Harvey, Pastor www.littleflowerminot.com</div></div></div></div>	<div><div><div><div></div><div>St. Peter The Aleut Eastern Orthodox Church</div></div><div><div>109 6th St. SE Minot • 838-3094</div><div>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</div></div><div><div>The Very Reverend Father Anastassy</div></div></div></div>	<div><div><div><div></div><div>Harvest Reformed Church</div></div><div><div>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</div><div>Now meeting at 1505 N Broadway, Grand International, Norse Room</div><div>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</div></div></div></div>	<div><div><div><div></div><div>An Evangelical Free Church</div></div><div><div>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:45 a.m.</div><div>www.trinitychurchminot.org</div></div></div></div>	<div><div><div><div></div><div>Bible Fellowship Church</div></div><div><div>Worship Service at 10:45am Sundays Sunday School at 9:45am</div><div>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</div></div></div></div>
<div><div><div><div></div><div>Faith United Methodist Church</div></div><div><div>5900 Highway 83 N, Minot www.faithumcminot.com Pastor Tom Summers 701-838-1540</div><div>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</div></div></div></div>	<div><div><div><div></div><div>Minot Baptist Church</div></div><div><div>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</div><div>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</div></div></div></div>	<div><div><div><div></div><div>Cornerstone Presbyterian Church</div></div><div><div>1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am  Wednesday Evening Schedule Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm All are Welcome! www.ecominot.org</div></div></div></div>	<div><div><div><div></div><div>Congregational UCC</div></div><div><div>430 N. Broadway • 839-1064</div><div>Sunday Worship ..... 11am Sunday School ..... 11am Tuesday Bible Study ..... 12pm Saturday Noah’s Breakfast ..9:30am  Please join us, all are welcome here!</div><div><div>UNITED CHURCH OF CHRIST</div><div></div></div></div></div></div>	<div><div><div><div></div><div>St. Mark’s Lutheran Church</div></div><div><div>Missouri Synod</div><div>Sunday Worship. ....8:30 &amp; 11:00 am Adult Bible Study, Adult Choir, Youth Sunday School .....9:45 am 2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</div></div></div></div>
<div><div><div>To Advertise your Church in this space.</div><div>Call 839-0946</div><div>Only \$7.00 per week</div></div></div>	<div><div><div><div></div><div>Apostolic Faith Church, UPCI</div></div><div><div>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</div><div>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</div><div>Jesse Starr, Pastor</div></div></div></div>	<div><div><div><div></div><div>St. John the Apostle Catholic Church</div></div><div><div>2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday ..... 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m. Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</div></div></div></div>	<div><div><div><div></div><div>First Lutheran Church - ELCA</div></div><div><div>120 - 5th Ave. NW 852-4853</div><div>Saturday Worship ..... 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper.....5:15 pm Wednesday Education .....6:00 pm Wednesday Worship.....7:00 pm</div><div><div></div><div>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com</div></div></div></div></div>	<div><div><div>To Advertise your Church in this space.</div><div>Call 839-0946</div><div>Only \$7.00 per week</div></div></div>
<div><div><div><div></div><div>Bethany Lutheran</div></div><div><div>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</div><div>Sunday Worship .... 8:30 am &amp; 10:30 am Sunday Fellowship .....9:30 am Wednesday Worship .....6:45 pm Church School Wednesday .....5:45 pm  Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</div></div></div></div>	<div><div><div><div></div><div>First Baptist Church</div></div><div><div>200 3rd St. SW • 852-4533 www.fbcminot.org</div><div>Classic Worship Service ..... 8:30 a.m. Adult Sunday School .....9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children’s Church.....9:50 a.m. Sunday School (All Ages) .....11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children’s Ministry Director</div></div></div></div>	<div><div><div><div></div><div>Calvary Alliance Church</div></div><div><div>715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670</div><div>Sunday School..... 9:00 am Sunday Worship Service ..... 10:00 am Wednesday Prayer ..... 6:30 pm Wednesday Youth Group (grade 7-12) .....6:30 pm</div></div></div></div>	<div><div><div><div></div><div>West Minot Church of God Family Worship Center</div></div><div><div>1105 16th St. NW • 839-1407</div><div>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children’s Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center.....852-6352 westminot.com facebook.com/westminot</div></div></div></div>	<div><div><div><div></div><div>OUR REDEEMER’S CHURCH</div></div><div><div>A Church of the Lutheran Brethren</div><div>Thursdays: Worship.....6:30 p.m. Sundays: Worship..... 8:30 a.m. &amp; 10:45 a.m.</div><div>700 16th Ave SE • 701-838-0750</div><div>For more information visit us on the web at: www.ourredeemers.org</div></div></div></div>
<div><div><div><div></div><div>BREAD OF LIFE ELCA LUTHERAN CHURCH</div></div><div><div>1415 17th AVE SW 838-3360</div><div>Saturday Worship ..... 5:00 pm Sunday Worship .... 8:30 &amp; 11:00 am Sunday Education ..... 9:45 am Pastor Taryn Montgomery</div><div>Everyone Welcomes You</div><div><div>Breadoflifeminot.com</div></div></div></div></div>	<div><div><div><div></div><div>Immanuel Baptist Church</div></div><div><div>1615 2nd St. SE • Minot • 839-3694</div><div>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m. Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:45 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled) ..... 8:00 p.m.</div><div>Brian T. Skar, Pastor www.ibcminot.org</div></div></div></div>	<div><div><div><div></div><div>Cross Roads Baptist</div></div><div><div>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ...6:30 p.m. www.minotcrbc.org email: crbc@srt.com</div><div>415 28th Ave SE (Behind Menards) 838-1873</div></div></div></div>	<div><div><div><div></div><div>First Assembly of God</div></div><div><div>1805 2nd St. SE 838-1111</div><div>Morning Worship .....8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Evening Worship ..... 6:30 p.m. Wednesday Family Night..... 7 p.m.</div></div></div></div>	<div><div><div>To Advertise your Church in this space.</div><div>Call 839-0946</div><div>Only \$7.00 per week</div></div></div>
<div><div><div><div></div><div>GRACE FELLOWSHIP CHURCH</div></div><div><div>Independent - affiliated with IMF</div><div>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</div><div>Sunday School .....9:00 am Meet and Greet ..... 10:00 am Sunday Worship ..... 10:30 am Pastor Gregg S Smith www.gracefellowshipatburlington.com</div></div></div></div>	<div><div><div><div></div><div>Gospel Tabernacle Community Church</div></div><div><div>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</div><div>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</div><div>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour .....6:30 p.m. Evening Worship .....7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</div></div></div></div>	<div><div><div><div></div><div>Zion Lutheran ELCA</div></div><div><div>1800 Hiawatha St. 852-1872</div><div>Worship Times Saturday .....5:00 pm Sunday ..... 8:30 am &amp; 11:00 am Wednesday.....6:15 pm</div><div>John Streccius, Pastor Carol Wendel, Pastor</div></div></div></div>	<div><div><div><div></div><div>ADVERTISE YOUR Church</div></div></div></div>	
<div><div><div>To Advertise your Church in this space.</div><div>Call 839-0946</div><div>Only \$7.00 per week</div></div></div>		<div><div><div>Vincent United Methodist Church</div><div><div>1024 2nd St. SE • 838-4425 Behind Town &amp; Country Shopping Center open hearts...open minds...open doors!</div><div>Saturday Informal Worship .. 5:00 p.m. Sunday School .....9:00 a.m. Sunday Worship Service .... 10:00 a.m. Fellowship..... 11:00 a.m. Pastor Mary</div></div></div></div>		



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## ANSWERS

### SUDOKU ANSWERS

9	1	6	2	7	3	8	4	5
2	7	8	1	4	5	6	3	9
5	3	4	9	6	8	7	2	1
7	6	9	4	5	2	3	1	8
1	5	3	6	8	7	4	9	2
8	4	2	3	1	9	5	7	6
3	8	1	5	9	4	2	6	7
6	2	5	7	3	1	9	8	4
4	9	7	8	2	6	1	5	3

Answers to puzzle from page 7

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**\$124,900**

NEAR CARPIO – 3 bedroom home on nearly 6 acres. Open kitchen, dining room, and main floor laundry. Full, unfinished basement. Deck. Workshop with oversized door and room for 4 vehicles.

**MLS #172346**



**\$255,000**

LAKE METIGOSHE - New townhome located close to the lake and overlooks golf course. Main level has 2 bedrooms with a 3rd bedroom in loft area, 3 bathrooms, and gas fireplace in living room. Walkout lower level family room. Deck, patio, and double garage.

**MLS #172320**



**\$249,900**

GREAT UPDATES – 4 bedroom, 2 ½ bath ranch style home in central location. Kitchen has quartz counters, pantry and a breakfast bar. Gas fireplace in living room. Lower level family room. Double garage.

**MLS #172446**



**\$107,000**

PRICE REDUCED ! Charming 3 bedroom, 1 ½ bath, 1 ½ story home. Main level bedroom, bath, kitchen, dining and living room. Upper level has 2 bedrooms and bonus space for office. Covered front porch, central air, and detached garage.

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CONVENIENT LOCATION – Split level 4 bedroom, 2 ½ bath home close to school, park and shopping. Custom oak cabinets, island and pantry in kitchen. Lower level family room. Triple garage.

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This is a hidden gem tucked away in a quiet, treed neighborhood on a dead end street. This charming 2 bedroom home has hardwood floors in the living room and additional built ins in the kitchen. The bedrooms are nice sized, lower level includes a laundry area, lots of storage space and ¼ bath. Call Tamie Dunn at 720-1723. #172496

**\$228,000**

**\$169,500**



"Style and Luxury" describes this 3 bedroom, large single bath, meticulously re-crafted classic! Redesigned inside and out. Prestigious bamboo flooring with carpeted bedrooms. Dream kitchen with island and stainless steel appliances. Gas fireplace in the family room. Call Lorell Seibold at 721-4996. #172478

**\$410,000**

**\$215,000**



You have found the perfect 4 bedroom, 2 bath, 1 1/2 story, with car garage and shop that's move in ready and priced to sell. The spacious, open living/dining rooms features beautifully restored hardwood floors that lead into the great study/office/work space. Call Aisha Vadell at 240-3780. #172470

**\$160,000**



Check out this charming home located on a large NE corner lot. This home is perfect for your new beginnings. The main floor has an open concept living, kitchen and dining area. The kitchen is furnished with wall to wall cabinetry, storage and access to the deck! Call Micky Venable at 240-5257. #172469

**\$150,000**



Take a look at this beautiful custom-built home in the Pheasants Run Addition in NW Minot. Easy access to the bypass, schools, shopping and dining. This home welcomes you with a landscaped yard and a broad entryway. Vaulted ceilings and an open floor plan make it shine. Call Micky Venable at 240-5257. #172468

**\$399,900**



Nice starter home with 3 bedrooms and 2 bathrooms close to Roosevelt School. Updated kitchen with newer appliances with a glass top stove. There are 2 bedrooms on the second floor with the master bedroom on the main floor. Call Clyde Thorne at 240-8594. #170940

**\$164,900**



Checkout this modernized home rebuilt from the floor joists to the rooftop! 2 bedrooms, 2 bathrooms, 2 stories, 2 stall garage and 2 good to pass up for the price! Amenities includes bar under cabinet, LED lighting, all new appliances and recessed canned lights and access to new wood deck. Call Aisha Vadell at 240-3780. #172091



Amazing home in cul-de-sac in SE Minot with over 3000 Square feet of living space. Main floor features are open floor plan with large living room with gas fireplace in custom built cabinet with lighted surround, nice sized dining room with glass doors to beautiful fenced backyard with paver patio. Call Jerry Thomas at 833-7578. #170840



Beautiful 2 bedroom townhouse with double garage. Large open floor plan with spacious kitchen with lots of cabinet and countertop space. Laundry right off of kitchen, large dining room with a patio door that opens up to a nice private deck. Large open living room. Call Lori Henderson at 721-0158. #171761

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- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
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- Main Marketplace | 1930 S Broadway St
- North Hill Marketplace | 2215 16th St NW
- Arrowhead Marketplace | 1600 2nd Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Holiday Gas Station | 3301 S Broadway
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- Cash Wise Foods | 3208 16th St SW #400
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Road conditions: what they mean

SENIOR AIRMAN SAHARA FALES | MAFB PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D., -- For approximately six months out of the year Minot, North Dakota endures a harsh winter which can be surprising for any newcomer to the city. In order to keep base personnel safe, whether they're traveling 20 miles from the city to base or to a building one block away, Minot Air Force Base has guidelines in place to inform people how dangerous the road conditions are.

The purpose of this traffic code is to establish standardized procedures for motor vehicle traffic supervision and ensure safe and efficient movement of vehicles, materials and personnel to destinations on Minot AFB.

Changes to travel conditions are implemented when weather or other natural disasters affect roadway travel conditions on Minot AFB and roads within the Missile Complex.

The 5th Bomb Wing commander will determine when to change travel conditions on MAFB based upon information received from the 5th Mission Support Group. While the 91st Missile Wing commander determines when to change travel conditions within the

Missile Complex based on information received from personnel and teams traveling across the complex.

If road conditions change, the 5th Security Forces Squadron will update the on-base and Hwy 83 travel condition signs at the installation entry and exit gates.

The following travel conditions are used to define road conditions on and off base and how drivers should respond:

Green- This condition describes the normal day-to-day travel condition.

Yellow- This condition describes a degraded environment when cautious travel conditions exist. Drive according to the weather and road conditions, which may include a reduction of speed. Use of vehicle cruise control is prohibited when operating government vehicles.

Red- This condition describes a degraded environment when hazardous travel conditions exist.

Motorists should not travel due to hazardous conditions which may make it unsafe. Snow plows may be pulled from the roads during severe conditions. Motorists should take "no travel advised" seriously as those motorists who choose to travel at

MINOT AFB ROAD CONDITIONS	
GREEN	This condition describes normal day-to-day travel conditions
YELLOW	This condition enforces cautious travel conditions. Use your best judgement and drive according to the weather. Reduction to posted speed limit signs may be necessary. Use of vehicle cruise control is prohibited when operating government vehicles.
RED	This condition describes dangerous travel conditions. Motorists should not travel because snow plows may not be removing snow during these conditions. Drivers should take "no travel advised" seriously as those who choose to travel may become stranded and emergency responders may not be able to reach them safely. A "no travel advised" has the potential to change to black if conditions deteriorate.
BLACK	This condition essentially means "road closed." Motorists are not allowed to travel on a closed road due to life threatening conditions. The road may be impassible or blocked. Motorists may be cited by Security Forces for driving during this condition. Gate guards will stop outbound vehicles and inform the occupants.

For updated road conditions call the Minot Air Force Base Information Hotline at 701-723-1190

their own risk may become stranded and emergency responders may not be able to reach them safely.

A "no travel advised" has the potential to change to a "road closed or blocked" if conditions deteriorate.

Black- This condition is the same as "road closed." Motorists are not allowed to travel on a closed road due to life threatening conditions. The road may be impassible or blocked. Motorists may be cited by Security Forces for driving during this

condition. Gate guards will stop outbound vehicles and inform the occupants.

Road conditions in the Missile Complex are similar except they are only coded green, yellow and red - red also serving as a combination of on-base red and black.

Because weather or road conditions may develop during non-working hours which make it difficult for employees to arrive at work on time, the installation commander can determine a later time for members to

arrive at their duty stations -- this is known as "delayed reporting."

The next day early morning notification is made to leadership to begin the personnel notification process.

More information on duty reporting status during inclement weather procedures can be found in Minot AFB Instruction 36-101.

To hear updated road conditions please call the MAFB Information Hotline at 701-723-1190

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